



## The Meditation Beads (Rosaries)

In this Course, each student makes their own meditation beads (or rosary). This meditation beads are however not made in one go, but the beads are added one by one.

You will need 50 bright and 50 dark beads. Once you begin your training in this course you will add one bead after each meditation. (Until the meditations beads are completed, make a knot which can be easily opened.)

Thus the beads grow in the same speed as your skill in meditation develops and thus they become a symbol of your progress on the spiritual path. Start with the bright beads and after ten bright ones continue with ten dark ones and then another ten bright beads. (Make sure that your cord is long enough.)

The beads represent the Sefirot on the Tree of Life. There are ten basic Sefirot and, hidden in each of them, are another ten, thus the total number is 100. (You will discover the deeper meaning of this symbolism in the course of your training, if you do not understand it already.)

In each meditation hold the beads in your hand and use them only for this training. Thus it will be associated with the correct mindset of meditation and will help you enter this mindset, which will become easier every time you use them. (It is advisable not to allow other people to touch them as they are a very personal spiritual tool.)

Once the beads are completed, you have overcome the most difficult phase of developing the discipline of regular meditation. At this point you will perhaps find it reasonably easy to perform your exercises regularly and joyfully.

Finally connect both ends and you may also add a tassel or a spiritual symbol (e.g. a pendant) to complete the beads. In any case it is advisable to fashion the connection between the two ends in such a way that it can be easily felt without having to open your eyes.